

ABSTRACT

Thesis title: Physiological Load Imposed on the Ice-hockey Goalkeeper in a Match

Thesis goals:

- To describe the load imposed on the goalkeeper during ice-hockey matches
- To compare the results of laboratory measurements with other studies
- To describe the goalkeeper's load during the game within the defence third
- To describe the goalkeeper's load during the game outside of the defence third
- To describe the goalkeeper's load during the power play within the defence third

Methods: The thesis presents a descriptive case study based on monitoring the heart rate of an ice-hockey goalkeeper during the match. The results were obtained through observations and a record of the goalkeeper's heart rate. The study was realized during three ice-hockey matches.

Results:

- The goalkeeper's heart rate was above the aerobic threshold
- In comparison with other studies the laboratory test results were lower
- For most of the game within the defence third the goalkeeper's heart rate was above the aerobic threshold
- During the game outside of the defence third the goalkeeper's heart rate was mostly below the aerobic threshold
- During the power play within the defence third the goalkeeper's heart rate was above the aerobic threshold

Key terms: ice-hockey, goalkeeper, physiological load during the match, heart rate